

Food Labels

Over a long day, you and your friends stop into a store on your way home from school. What snack should you buy? How can you make a wise choice? One thing you can do is to read the information provided on food labels. Food labels allow you to evaluate a single food as well as to compare the nutritional value of two different foods.

How to Read a Food Label Figure 10 shows a food label that might appear on a box of cereal. Refer to that label as you read about some of the important nutritional information it contains.

① **Serving Size** This information tells you the size of a single serving and the number of servings in the container. The information on the rest of the label is based on serving size. If you eat twice the serving size, then you'll consume twice the number of Calories.

② **Calories** This information tells you how much energy you get from one serving of this food, including how many Calories come from fat.

③ **Percent Daily Value** The Percent Daily Value shows you how the nutritional content of one serving fits into the recommended diet for a person who consumes 2,000 Calories per day. For example, one serving of this cereal contains 12% of the total amount of sodium a person should consume in one day. You might eat more or less than 2,000 Calories per day. But, you can still use this percentage as a general guide.

④ **Ingredients** The ingredients are listed in order by weight, starting with the main ingredient. The list can alert you to substances that have been added to a food to improve its flavor or color, or to keep it from spoiling. In addition, reading ingredients lists can help you avoid substances that make you ill.

Using Food Labels Food labels can help you make healthful food choices. Suppose you are shopping for breakfast cereals. By reading the labels, you might find that one cereal contains little fat and a high percentage of the Daily Values for complex carbohydrates and several vitamins. Another cereal might have fewer complex carbohydrates and vitamins, and contain significant amounts of fat. You can see that the first cereal would be a better choice as a regular breakfast food.

FIGURE 10

Food Label

By law, specific nutritional information must be listed on food labels. Calculating *How many servings of this product would you have to eat to get 90% of the Daily Value for iron?*

Nutrition Facts

- ① Serving Size: 1 cup (30g)
Servings Per Container: About 10

Amount Per Serving	% Daily Value
Calories : 110	Calories from Fat 15
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 280mg	12%
Total Carbohydrate 22g	7%
Dietary Fiber 3g	12%
Sugars 1g	
Protein 3g	

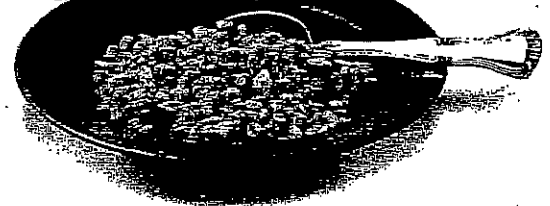
Vitamin A	10%	Vitamin C	20%
Calcium	4%	Iron	45%

Percent Daily Values are based on a 2,000 Calorie diet. Your daily values may be higher or lower depending on your caloric needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Fiber		25g	30g

Calories per gram:
Fat 9 Carbohydrate 4 Protein 4

- ④ **Ingredients:** Whole grain oats, sugar, salt, milled corn, natural whey, honey, almonds



PROOF OF PURCHASE SEAL

Almond Delight

13217

15 OZ.



NUTRITION INFORMATION PER SERVING

SERVING SIZE: 1 OZ. (¼ CUP)
SERVINGS PER CONTAINER: 15

	1 OZ. ALMOND DELIGHT	1 OZ. ALMOND DELIGHT PLUS ½ CUP VITAMINS A & D FORTIFIED SKIM MILK
CALORIES	110	150*
PROTEIN	2 g	6 g
CARBOHYDRATE	23 g	29 g
FAT	2 g	2 g*
CHOLESTEROL†	0 mg	0 mg*
SODIUM	200 mg	270 mg

PERCENTAGE OF U.S. RECOMMENDED DAILY ALLOWANCES (U.S. RDA)

PROTEIN	2	10
VITAMIN A	**	6
VITAMIN C	25	25
THIAMINE (VITAMIN B ₁)	25	30
RIBOFLAVIN (VITAMIN B ₂)	**	10
NIACIN	25	25
CALCIUM	**	15
IRON	10	10
VITAMIN D	**	15
VITAMIN B ₆	25	25
FOLIC ACID	25	25
VITAMIN B ₁₂	25	35
ZINC	10	15

† INFORMATION ON CHOLESTEROL CONTENT IS PROVIDED FOR INDIVIDUALS WHO, ON THE ADVICE OF A PHYSICIAN, ARE MODIFYING THEIR TOTAL DIETARY INTAKE OF CHOLESTEROL.

*WHOLE MILK SUPPLIES AN ADDITIONAL 30 CALORIES, 4 g FAT AND 15 mg CHOLESTEROL.

**CONTAINS LESS THAN 2 PERCENT OF THE U.S. RDA OF THESE NUTRIENTS.

INGREDIENTS: WHOLE WHEAT, MILLED RICE, BROWN SUGAR, ALMONDS, SUGAR, SALT, MOLASSES, CORN SYRUP, PECANS, WALNUTS, SODIUM ASCORBATE (VITAMIN C), NATURAL FLAVOR, MALT SYRUP, NIACINAMIDE, CINNAMON, ZINC OXIDE, REDUCED IRON, THIAMINE MONONITRATE (VITAMIN B₁), PYRIDOXINE HYDROCHLORIDE (VITAMIN B₆), FOLIC ACID, RIBOFLAVIN, VITAMIN B₁₂, VITAMIN A AND VITAMIN D. BHT ADDED TO PACKAGING MATERIAL TO PRESERVE FRESHNESS.



MADE BY
RALSTON PURINA COMPANY
CHECKERBOARD SQUARE
ST. LOUIS, MISSOURI 63164 U.S.A.

CARBOHYDRATE INFORMATION

	CEREAL	WITH MILK
STARCH & RELATED CARBOHYDRATES	14 g	14 g
SUCROSE & OTHER SUGARS	8 g	14 g
DIETARY FIBER	1 g	1 g
	23 g	29 g

VALUES BY FORMULATION AND ANALYSIS

NET WT.
15 oz. (425 g)

Total Raisin Bran

Nutrition Facts

Serving Size 1 cup (55g)
Servings Per Container About 12

Amount Per Serving	Total Raisin Bran	with ½ cup skim milk
Calories	180	220
Calories from Fat	10	10
% Daily Value**		
Total Fat 1g*	2%	2%
Saturated Fat 0g	0%	0%
Polyunsaturated Fat 0g		
Monounsaturated Fat 0g		
Cholesterol 0mg	0%	1%
Sodium 240mg	10%	13%
Potassium 280mg	8%	14%
Total Carbohydrate 43g	14%	16%
Dietary Fiber 5g	20%	20%
Sugars 19g		
Other Carbohydrate 19g		

Protein 4g

Vitamin A	10%	15%
Vitamin C	0%	0%
Calcium	25%	40%
Iron	100%	100%
Vitamin D	10%	25%
Vitamin E	100%	100%
Thiamin	100%	100%
Riboflavin	100%	110%
Niacin	100%	100%
Vitamin B ₆	100%	100%
Folic Acid	100%	100%
Vitamin B ₁₂	100%	110%
Pantothenic Acid	100%	100%
Phosphorus	10%	25%
Magnesium	10%	10%
Zinc	100%	100%
Copper	8%	8%

*Amount in Cereal. A serving of cereal plus skim milk provides 1g fat, less than 5mg cholesterol, 300mg sodium, 490mg potassium, 49g carbohydrate (25g sugars) and 8g protein.

**Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

INGREDIENTS: WHEAT BRAN WITH OTHER PARTS OF WHEAT, RAISINS, SUGAR, BROWN SUGAR, SYRUP, CORN SYRUP, CALCIUM CARBONATE, SALT, HONEY, ZINC AND IRON MINERALS, NIACIN, VITAMIN B₁₂, TOCOPHEROL (VITAMIN E), SODIUM PHOSPHATE, B₆ VITAMIN (NIACINAMIDE), VITAMIN C (SODIUM ASCORBATE), B₂ VITAMIN (RIBOFLAVIN), PANTOTHENIC ACID, VITAMIN D, B₁ VITAMIN (THIAMINE), PYRIDOXINE HYDROCHLORIDE, VITAMIN B₁₂, FOLIC ACID, RIBOFLAVIN, VITAMIN B₆, THIAMINE MONONITRATE, VITAMIN B₁₂, FOLIC ACID, VITAMIN A, PALMITATE, VITAMIN E, VITAMIN D, FRESHNESS PRESERVED BY BHT. CONTAINS WHEAT INGREDIENTS.

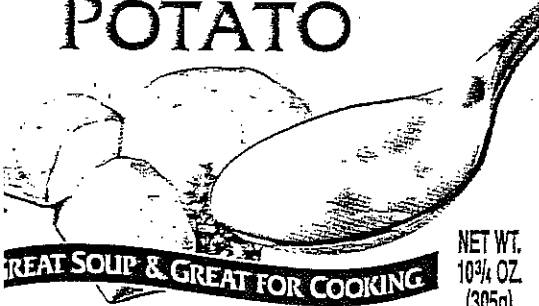
NET WT.
24 OZ. (680 g)

Campbell's

CONDENSED SOUP



CREAM OF POTATO



TREAT SOUP & GREAT FOR COOKING

NET WT.
10 3/4 OZ.
(305g)



DIRECTIONS

Important! Refrigerate with milk.
 Slowly stir together soup and one can of milk.
STOVE: Simmer, stirring often.
MICROWAVE: Use a microwave safe bowl. Cover, microwave on HIGH 3 minutes or until hot. Stir.
 Promptly refrigerate any unused portion in a separate container. Reheat and use by date first used.
 Some ingredients may at room temperature.

INGREDIENTS: POTATOES, WATER, WHEY, WHEAT FLOUR, CREAM, ONIONS, SALT, EGGS, CORNSTARCH, BUTTER, DEHYDRATED POTATOES, MONOSODIUM GLUTAMATE, VEGETABLE OIL (CORN, COTTONSEED OR PARTIALLY HYDROGENATED SOYBEAN), SPICE EXTRACT AND YEAST EXTRACT.
 CAMPBELL SOUP COMPANY
 CAMDEN, NJ, U.S.A. 08103-1701
 PRODUCT OF U.S.A.
 1641-704-35



HEARTY CHICKEN NOODLE

1 cup cubed cooked chicken
 1 cup frozen mixed vegetables, thawed
 1 can Campbell's® Cream of Potato Soup
 1/8 tsp. pepper
 3/4 cup milk
 1 egg
 1 cup Bisquick® Baking Mix

- Preheat oven to 400°F. In 9" pie plate mix chicken, vegetables, soup, pepper and 1/4 cup milk.
- Mix remaining milk, egg and baking mix. Pour over chicken mixture. Bake 30 min. or until golden. Serves 4.



Nutrition Facts		Amount / serving	%DV*	Amount / serving	%DV*
Total Fat 3g		3g	5%	Total Carb. 14g	5%
Serving Size 1/2 cup (120mL) condensed soup		Sat. Fat 1.5g	3%	Fiber 1g	4%
Servings about 2.5		Cholest. 10mg	3%	Sugars 2g	
Calories 90		Sodium 890mg	37%	Protein 2g	
Fat Cal. 25		*Percent Daily Values (DV) are based on a 2,000 calorie diet.			
		Vitamin A 0% • Vitamin C 0% • Calcium 2% • Iron 4%			

Satisfaction guaranteed. For questions or comments, please write Consumer Response Center, Campbell Soup Company, Campbell, NJ 08103-1701. Please have code and date information on can end available. For recipes, information & more, visit Campbell's Community at www.campbellsoup.com

Hearty Chicken Noodle

Now this delicious Hearty Chicken Noodle Soup is made even better with white chicken meat. You'll love the celery, carrots, noodles, and tender chunks of white chicken meat all in a rich and savory broth. Every satisfying serving is 98% fat free, has 160 calories, no MSG, and is low in cholesterol.

This product contains 480mg of sodium versus 980mg for our comparable ready to serve soup.

Nutrition Facts		Amount/serving	%DV*	Amount/serving	%DV*
Total Fat 3g		3g	5%	Potassium 480mg	14%
Serving Size 1 cup (240mL)		Sat. Fat 1g	5%	Total Carb. 25g	8%
Servings about 2		Polyunsat. Fat 0.5g		Fiber 2g	8%
Calories 160		Monounsat. Fat 1g		Sugars 3g	
Fat Cal. 30		Cholest. 20mg	7%	Protein 9g	
*Percent Daily Values (DV) are based on a 2,000 calorie diet.		Sodium 480mg	20%		
		Vitamin A 40% • Vitamin C 0% • Calcium 4% • Iron 10%			



Satisfaction guaranteed or money back. If you have questions, call 1-800-257-8443 from 9 a.m. to 4:30 p.m. EST Monday through Friday. Please have can code and date information from can end available.



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